

RAYMOND

The site of the One Million Dollar Factory of the Canadian Sugar Factor-ies, Ltd. in the center of the beet-raising district of Southern Alberta.

Raymond Recorder



RAYMOND

A live town in a rich agricultural and stock-raising district. A good place to make your home.

Volume 32

FRIDAY, JULY 20th, 1934

Number 19

NEWS NOTES

J. S. Brandley of Stirling was in Raymond on Monday evening last and attended the Liberal meeting.

Mr. and Mrs. J. F. Salmon and party were in Calgary for the opening of the Stampede last week.

D. L. Paxman has purchased a used I.H.C. truck for wheat and beet harvest this fall.

Mr. and Mrs. Ted Hodson are visiting here with Mrs. Hodson's parents, Mr. and Mrs. L. L. Pace, and family.

Mr. and Mrs. S. I. May spent Saturday afternoon and Sunday in Tyrell's Lake with Mr. and Mrs. Kimball Anderson and family.

The newspaper continues to be the cheapest and best form of publicity for all lines of business. NOTHING begins to approach it in reaching all the public, and no other medium is as inexpensive.

Willie, where are you going with that bread?
Gonna make toast.
You don't know how I do too. First you take it to the stove and burn it, and then you take it to the sink and scrape it.

Fishing was the first industry to be carried on systematically, by white people in the area now known as Canada. Long before Columbus discovered America fishermen from Europe are known to have fished on the Atlantic banks off the Dominion.

Husband (who had just secured a job): Cheer up, the tide has turned. I've found a job as night watchman.

Wife: Well, if that isn't aggravating! I've only just finished making you a couple of new nightshirts.

No Canadian consumer need buy imported fish goods. An abundance of high quality products is always available from Canada's own fisheries.

ATTENTION MOTORISTS

Each week in this column we will publish a new item of information concerning your motor. This should be of interest and benefit to all motorists. This information is supplied by Lou King of King Motors, and if at any time these points are not clear, he will be glad to furnish explanation to you.

DID YOU KNOW THAT—

—each pint in the cylinder of your car is equivalent to one-third of an inch of the piston rings in the cylinder. In other words, in one mile you will burn 10,000 miles (to be exact) it will have traveled three and one-half feet farther than 651 miles.

(This example is in a 3 1/2 X 5 1/2 inch cylinder.)

John H. Blackmore is spending a few days with relatives in Cardston.

Visitors from all points state that conditions are more favorable here, than almost any other place on the continent. Do we appreciate it?

"Bill" Wiggill has been holidaying this week and Howard Betts has been relieving him at the Mercantile.

Bishop Court of Diamond City with others of the family, spent Thursday night with Mr. and Mrs. Lowell Court here.

Mr. and Mrs. Lee Brewerton are holidaying at present, their trip including a visit to the Pacific States of Washington and Oregon, and also Utah.

W. H. Zobel commenced cutting his winter wheat this week and has a good stand. Fields of spring wheat are commencing to turn, and it will not be many days until binders will be busy everywhere. Rain now would be appreciated to help fill the grain.

Mrs. Ethel Anderson's car was hit by a hit and run driver in Lethbridge Tuesday evening, and had the fenders smashed, tail light broken, and license plates knocked off. The license plates were recovered, and the damage is being repaired.

The feature of the Rotary Luncheon on Wednesday was a speech by Erle Eisenhauer of Lethbridge on "The Principles of Rotary," which was greatly enjoyed by the meeting. Due to holiday season a number of the members had asked to be excused.

A large number of Raymond people were in Lethbridge Tuesday night to listen to Wm. Aberhardt in his lecture on "Social Credit." It was greatly enjoyed and people returned with a much clearer understanding of this question.

Sidney and Franklin Smith, while at the Fathers and Sons outing were rudely awakened by a rocking of the trailer in which they were sleeping to find a bear nosing around. They flashed the light on him and he scampered off, but the boys either heard him or thought they heard him for hours. At any rate they didn't sleep any more.

CHEAP FOR CASH -- a bed springs and mattress. Act quickly. Call at Recorder Office.

Canadian fish foods are sources of vitamins, iodine, and other health-building elements. It is well to eat them often.

Threshermen! Try Red Dill and be convinced of its super qualities. More hours per drum. See D. A. Watson for prices.

The FIRESIDE PHILOSOPHER

Happiness is a state of mind.
Nature never duplicates.
A rich mind is better than a full purse.
After all, your's is only one point of view.
A day without a good deed is a day lost.
A prosperous fool is a pain in the neck.
Don't wait until he is dead before you praise him.
The law assumes you're innocent until you're broke.

Forgive - - and Forget

"I shall never forget the cruel words she said to me" I looked at the speaker. Yes, no doubt about it. He had been pretty badly hurt. But "never" is a long time, and she was so pretty and young.

"Don't think about them," I said. "Try to forget them by thinking of all the pleasant things you've had said to you today."

"Have I heard anything pleasant?" she asked with a little twisted smile.

I put my hands on her shoulders, and gave her a little shake. "I'm a good ten years older than she is anyway!"

"Of course you have! Didn't your husband call out 'goodbye, darling' as he went to work today, and didn't you say, 'Me loves 'oo,' just now? What more do you want?" She smiled up at me. "Sorry," she said, "I'll just try to forget."

That's a thing we all have to learn to do sometimes. It's not a particularly easy thing to do, I know. Most of us, after a bit of tussle, can bring ourselves to the stage of forgiving, but getting is another matter altogether. And unless we forgive with our forgiveness, it isn't going to be worth much to anyone. For memory can play many tricks—some of them rather cruel ones—if we don't keep it under control.

We don't want to store away any bitter memories. You know it is when, suddenly, some little incident springs up, reminding us of some stinging thing we had thought dead and forgotten. How it hurts, how it rankles. How, if we happen to be feeling a bit down at the time, we brood on it all over again, living over and over again the pain of it all. Magnifying it out of all proportion to its real meaning, and getting all thoroughly worked up and miserable.

Or else we take up a self-righteous attitude, and say: "Or yes, I forgive her, of course; it was years ago! But one can't help remembering!"

But, believe me, one can! It's just a question of training and habit, like all our everyday functions. Think how we rise at a certain time, go to bed, eat, dress, walk out—because we are used to doing these things at regular hours they come to us almost automatically. We can train our thoughts that way too, if we try.

"No bitter feeling is going to get the upper hand of me," is what we have to say, just as we refuse to allow the sins of the past and unreasonableness to get a hold on us. For little nagging memories are nothing but uncleanness of soul, and can soil beyond belief the character we bear.

"Forgive and forget." What lovely words these are! Let's try them over quietly to ourselves. Are we saying them honestly? Is there someone against whom we bear a grudge? The spite it away. Think of the sweet little things that came out of the often, the tender things, the words we love to hear.

These are the things to remember; the others we'll just—FORGET!

A THOUGHT FOR TODAY

"FORGIVE US OUR TRESPASSES. AS WE FORGIVE THEM THAT TRESPASS AGAINST US."

Fathers' and Sons' Outing

The fathers and sons of the Iass Creek (now known as Blackiston Brook) in company with four others and climbing one of the adjacent mountains they had their first glimpse of a great buffalo herd which blackened the prairies before them while below was a beautiful blue lake. Brown, who was great, moved, exclaimed, "This is what I have seen in my dreams. This is the country for me!"

Later he returned and spent the rest of his life in these wonderful surroundings, becoming first Warden and then Acting Superintendent. His first wife was a half breed woman of the Dakota whose remains lay beside his own on the shore of the lake. His second wife was Chee-pay-tha qua ka soon. (The blue flash of lightning) a Chee woman of a deeply religious nature and of more than ordinary intelligence, who now over 70 years of age, still lives in Waterton Lakes Park. Kootenai Brown was a clean fighter, a good shot, loyal to his friends and respected by his enemies. He was fearless of danger or hardship and did his utmost to protect the Park from Poacher or Vandal.

The weather was delightful every day and a good spirit prevailed in the Camp. The "Grand Finale" of the first two days was the Camp Fire around which old and young alike gathered for the usual programme. The second camp fire was especially interesting on account of our visitors, Mr. Bachman, Scout Commissioner for the province, who attired in Indian regalia, gave an inspiring talk culminating in an Indian story. Also Mr. Knight, Superintendent of Waterton Lakes National Park, who favored the crowd with much information regarding the Park and its animal life, especially the bears. He also informed them of the extent and history of the Park and dwelt for awhile on the life of John George Brown, Kootenai Brown, as he is more widely known today. He explained that Kootenai Brown was born in England and was an Eton and Oxford man, and later an Army Officer in India. He reached San Francisco in '62, became a gold seeker, cowboy, and soldier of fortune generally.

In 1865 he first saw Waterton Lakes, then known as the Kootenai Lakes. On journeying through the range and "That Silver-haired Daddy of Mine" Mr. and Mrs. Reithman rendered a duet in Swiss and were encored. Others should receive honorable mention but we will now send the boys to bed to dream of Indians and Bears.

Bank of Montreal Crop Report

GENERAL—Crop conditions in the Prairie Provinces have been further improved by rain during the past week and all northern districts now have a reserve of moisture. In the southern areas more rain is required. As a result of the drought earlier in the season, wheat yields in southern Alberta, southern Saskatchewan and southeastern Manitoba will be small and coarsely grains will produce little more than feed. The weather is unfavorable to grasshoppers, but the threat of them remains. In Quebec crops as a whole are progressing rapidly. In Ontario most crops have made fair progress, although in the south western section of the province heavy rains are urgently needed as the effects of the long dry spell are beginning to show. In the Maritime Provinces growth is below the average at the period but is now making rapid progress. In British Columbia the weather continues favorable and conditions generally are good. Details follow:

PRAIRIE PROVINCES

Alberta—Northeastern Area—Early wheat is heading out at the average height and the condition of coarse grains is good. The hail damage reported at Drumheller on the 29th of June was not extensive. Southeastern Area—Summer fallow wheat crops are satisfactory. Pasture and fodder crops have improved.

Western Area—All crops are advancing favorably. Recent rains in the central area have benefited pastures and ranges. Wild hay is short but good on irrigated land. Sugar beets are making good progress.

Saskatchewan—E. Area—Growth generally is satisfactory and prospects continue promising.

Southern Area—Crops are spotty with early wheat in head and with star short.

Manitoba—In the northern area frequent showers and warmer weather have stimulated growth and prospects are good. In the central area moisture conditions are satisfactory and prospects favourable. Hail damage is slight in the western area recent rains have improved conditions, but there is no reserve moisture and the outlook is only fair.

PROVINCE OF QUEBEC

Throughout all sections of the province hay lands continue to show improvement and a fair to average crop is in prospect. Cutting has commenced in some districts but will not be general for another week or ten days. Grass pastures are in good condition. Grains are making satisfactory progress. Root crops particularly potatoes, are doing well. Strawberries are plentiful and are now being marketed. Other small fruits promise well but the apple crop will likely be below average.

PROVINCE OF ONTARIO

Fall wheat is very thin and is ripening too soon for harvest to fill properly. Oats and barley are heading out rapidly, but are short in straw. Meadows and pastures have shown improvement.

On Thursday the Camp broke up, some of the boys staying at Waterton Lakes for awhile and all arrived home safe and sound.

One of the Dads.

ment. Haying operations are general, with definite indications of a short crop. Corn, of which there is an increased acreage, is showing good growth. Root crops are doing well, especially early potatoes. Canning peas are now being harvested, with fairly good yields to date. A light apple crop is forecast.

owed, owing to extensive winter damage to orchards. Tobacco, due to unfavourable planting conditions is spotty, and while plants are showing fairly satisfactory growth, more moisture would be beneficial.

MARITIME PROVINCES

In Prince Edward Island grains are making rapid progress root crops showing strong growth and hay is responding well to the warm weather. Throughout New Brunswick and Nova Scotia growth of grains was retarded by cold weather but conditions are now more satisfactory. Potatoes are growing rapidly. Hay lands have improved slightly but a below average crop is in prospect. Grass pastures are in fair condition. In the Annapolis Valley orchards are practically free from disease and insect injury, apples set well. The yield of strawberries as a result of cold weather will be light, other small fruits look promising.

PROVINCE OF B. C.

In the Okanagan Valley grains promise well and should produce a normal crop. Tomatoes and onions on a reduced acreage, are making satisfactory progress. A heavy yield of potatoes is indicated despite a light setback from frosts in the Fraser Valley. Fruit trees continue in good condition and cherries of exceedingly good quality are now moving to market. Pasture is plentiful and moisture conditions are very good.

THE GRAVE OF KOOTENAI BROWN

(By Sidney B. Smith)

Down on the shore of the Muskelonge
Where the waters murmur a slumber song
Far from the din of mart and town
Is the resting place of Kootenai Brown.

They did not build a kingly tomb
But laid him where he'd feel at home
Beneath the common grassy sod
In calm and peace with Nature's God.

For he indeed was Nature's child
With all his soul he loved the wild
He read her like an open book
Communed with every tree and brook.

Near to his grave in grandeur stands
Temples of God not made by hand
With ailes and alters, domes and spires
And sunlit peaks like sacred fires.

Down on the shore where heights are still
Save a coyote bark on yonder hill
And the sleepy chirp of yellow bird
No loud disturbing sound is heard.

Far from the din of mart and town
God rest the bones of Kootenai Brown
Where the waters murmur a slumber song
Down on the shore of the Muskelonge.

New! Nox gas is friendly to your motors. Try it and be convinced. D. A. Watson.

Let us fill your requirements for

**BINDER
TWINE**

A carload due to arrive

Wed. July 25th**Raymond Mercantile**

COMPANY, LIMITED

THE BIG DEPARTMENT STORE

WEEKLY LETTER

Winter wheat has been grown at the Lethbridge Experimental Station the past 25 years and during this time the yields obtained have averaged nearly 2 bushels more per acre than spring wheat. Root rot, winter killing, early drought, soil drifting and winter annual weeds, principally tumbling mustard, have been some of the difficulties encountered in growing winter wheat here, but with improved strains of seed and knowledge gained in its cultivation quite consistently high yields are obtained with winter wheat, even though the crop this year was hard hit by the unusually prolonged drought in April and May.

Root Rot, which was once a main difficulty here, has been overcome by simply delaying seeding until after the first of September. Earlier seedings of winter wheat make heavier fall and early spring growth but after late April or early May root rot usually becomes very prevalent in fields seeded before September, and crops that in the spring may have promised 40 bushels to the acre or more frequently deteriorate so rapidly and to such an extent that only 12 to 15 bushels may be harvested. Seeding sometime during the first ten days of September not only provides protection against root rot but this date of seeding is also quite early enough to ensure a satisfactory stand of grain for safe wintering.

Seeding in September has another important advantage in that the soil surface need not be disturbed during August when moths of the pale western cutworm are very apt to be flying and depositing their eggs in the soil of cultivated fields wherever the surface crust has been broken.

Use of Cover Crops in Controlling Soil Drifting

Cover crops as means of checking soil drifting have come into quite general use in some of the heavier rainfall areas near the foothills and particularly around Claresholm where the sandy nature of considerable areas of the land makes the control of soil drifting very difficult with the usual methods so far developed.

Spring wheat is generally used and it is seeded sometime between July 15th and August 1st at the rate of one-half bushel or less per acre. The grain is seeded late enough not to mature yet early enough so that it will head out and produce stems that will remain standing throughout the winter. This growth into which next year's grain crop is drilled, holds the winter snow and provides protection against wind. Winter wheat cannot be used successfully because it cannot be safely seeded before September 1st on account of the root rot menace and this does not allow time enough for growth. Much of the grain seeded for cover crop last year failed to make enough growth to provide the protection needed because of the drought and the grasshopper.

The main objection to growing a cover crop is that it uses a big amount of soil moisture and to this extent it reduces the value of the summer-fallow. For this reason the use of the cover crop in controlling soil drifting will probably be confined largely to areas of satisfactory rainfall or where summer fallow is used mainly to

control weeds rather than conserve moisture.

The annual Field Day and Basket Picnic at the Lethbridge Experimental Station will be held this year on August 4th. Hon. F. S. Grisdale, newly appointed minister of agriculture for Alberta, will speak. Control of soil drifting and other farming problems will be discussed by leading authorities. The programme starts at 10:30 in the morning.

OTTAWA SPEAKING

A Canadian of Ottawa sends a letter to the editor of Liberty Magazine in a current issue. James Lambert, of 340 Coltrin Road, Rockcliffe Park, Ottawa, calls attention to the comparison between European borders and the border between Canada and the United States. He says "There are no fortifications—only a wire fence here and there. No fear exists among the people of these two countries, and that is the chief trouble in Europe now. Each country fears its neighbor and if that fear is not eliminated another war is inevitable. I hope European nations before long agree on a treaty similar to that existing between the U. S. A. and Canada in regard to the fortifying of their frontiers."

L. D. King was at the Stampede in Calgary last week.

**DON'T BE CONFUSED
BY MISLEADING
CLAIMS**

Be Sure You Get Genuine
Kellogg's ALL-BRAN

Bran has proved so successful in relieving common constipation that some cereal manufacturers, with products having only a fractional quantity of bran, have claimed that this minimum bran content is sufficient to get results.

You may have tried some of these part-bran products—and have been disappointed! The simple truth is that they do not furnish the amount of bran you need.

It's the "bulk" or fiber in bran that helps correct common constipation. This "bulk" is similar to that in leafy vegetables. Within the body, it absorbs moisture and forms a soft mass, which gently clears out the intestinal masses.

Kellogg's ALL-BRAN provides "bulk" in convenient and concentrated form. It also furnishes vitamin B, as well as iron for the blood. It has won millions of friends because it overcomes common constipation safely and pleasantly.

It is all in just as the name implies—with nothing added except the flavoring of Malt, Sugar and Salt.

When you buy a bran cereal for the relief of constipation, read the wording on the package. The facts are there! Make sure by getting Kellogg's ALL-BRAN—in the red and green package. Sold by all grocers. Made by Kellogg in London, Ontario, Canada.

WHEN...

a printing salesman
calls on you tell him
there is a
Local Printer
who can do your
work.

**Men's Work Clothes,
Overalls, Shirts,
Gloves and
Shoes.**

B-U-Y T-H-E-M H-E-R-E**The Broadway Store****Marketing Conference**

AND CO-OPERATIVE CONFERENCE

will be held at

SCHOOL OF AGRICULTURE — OLDS

July 24, 25, 26

Addresses and discussions re: recent new federal marketing legislation and various phases of co-operative activity in Alberta. Eminent authorities on these subjects will be present.

ALL INTERESTED INVITED TO ATTEND

FOR INFORMATION, RESERVATIONS, ETC., WRITE

**SECRETARY CONFERENCE
COMMITTEE**

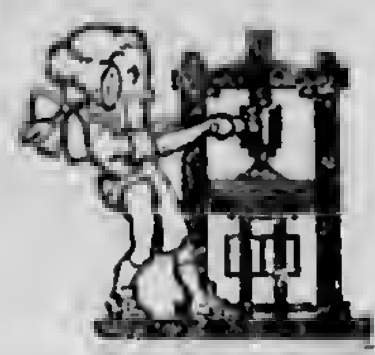
Department of Agriculture, Edmonton

B. A. Gas & Oils

NEVR NOX GAS, 22.1 per gal. & Tax
RED DISTILLATE, 15.1 per gal. & Tax
KEROSENE Distillate 15.1 per Gal., No Tax
AUTOLENE OILS AND GREASES

British - American Oil Co.

D. A. WATSON — Local Agent



SEE US FOR

**NEAT
ATTRACTIVE****printing****From Our Presses**

will give you SATISFACTION in all your printing needs

You are assured of

**A clean impression
Good workmanship
A moderate price**

THE RAYMOND RECORDER

S. I. May was a Magrath visitor Monday afternoon. Read the ads and save money!

Ray Knight, who has been to Calgary for the Stampede, returned home on Monday last.

"Do you remember when a girl was having a wasp-like waist?"

"I ought to remember it! That was when I got stung."

BASEBALL SCHEDULE**JULY 25th: —**

Magrath at Raymond
Hardieville at Cardston
Stirling at New Dayton

AUG. 1st: —

Raymond at New Dayton
Cardston at Magrath
Hardieville at Stirling.

**The FIRESIDE
PHILOSOPHER**
By ALFRED BIGGS

Those who say a lot don't always know a lot.

If there is to be a future, be sure that it is a good one.

A nation's true wealth lies in the character of its people.

One needs a lot of strength to overcome his own weakness.

Calms, the result of mental disorder, is rarely cured in prison.

Man is about the only animal that lets his palate with a reasoned food.



TONIGHT & SATURDAY

— TWO FEATURES —

"Sweetheart of Sigma Chi"

with

BUSTER CRABBE and MARY CARLISLE

also Ken Maynard in

"Wheels of Destiny"

ONE OF THE BEST DOUBLE FEATURE PROGRAMS
WE HAVE EVER PRESENTED

MATINEE SAT AT 2:15

MONDAY ONLY

JIMMY DURANTE in

"PALOOKA"

DRAMA—THRILLS and LAUGHS GALORE IN THIS
UNITED ARTISTS PRODUCTION OF THE PRIZE
RING. STUART ERWIN IS IN THE CAST
YOU WILL ENJOY IT—COME!

Dinnerware Night

TUES. - WED. - THURS.

SHIRLEY TEMPLE IN—

"Little Miss Marker"

Here is a picture—one you will enjoy and remember
for a long time! Sincerely we say — "DO NOT MISS IT."

COMING SOON—

"Many Happy Returns"

"Little Man What Now"

WEDDING BELLS

STRONG — REDD

Joseph, second son of Mr. and Mrs. C. B. Strong, and Marie, eldest daughter of Mr. and Mrs. W. Redd were quietly married last Saturday in Cardston, with Pres. Z. W. Jacobs of the Alberta State Presidency officiating. Following the ceremony they went to Waterton Lakes Park for short honeymoon and are now home again.

They will soon be at home to their many friends in their new home beside "Mutt" Ralph. They are amongst the popular young people of the town and will have the best wishes of all their friends for a long and happy married life.

A shower is being held for Marie Friday afternoon and we will have a report of this for our next issue.

O'BRIEN — McMULLIN

S. "Dick," son of Mr. and Mrs. T. J. O'Brien, and Marie, eldest daughter of Mr. and Mrs. W. McMullin, were united in marriage last Friday at the home of Bishop and Mrs. O. W. Ursenlack in Lethbridge, with the Bishop officiating, and a few intimate friends present. They left immediately afterwards for a brief honeymoon to Calgary and Banff and will make their home in Raymond where the groom has employment with the Canadian Sugar Factories.

Both are popular members of the younger set of the town and

"Dick" is known far and wide in Basketball circles. We join with their many friends in wishing them much joy and happiness in their married life.

TAXPAYERS ATTENTION
W. Romeril has asked us to inform taxpayers in L.L.D. No. 67, that by seeing him they can arrange to work off their taxes on the roads, under an arrangement with the District Engineer.

The plan is to work off half the taxes in the Local Improvement District, and the other half in the Municipality. All interested should see "Fred" at once.

S. B. Smith painted the Citizens Lumber Co. house this week.

Autolene Oils and Greases guarantee perfect lubrication for all purposes. Get it from D. A. Watson, B. A. Agent.

The second ward refreshment booths and Stampede officials took a lot of Raymond people to Lethbridge on the last three days of this week.

Art Lund was on a buckner at the Stampede Thursday when the horse ran into a post and broke its neck. Art, however, was uninjured.

Mr. and Mrs. R. W. Tolstrup left Tuesday for a motor trip to Salt Lake City and other Utah points on a holiday.

Mr. and Mrs. Cecil Finch and family and Miss Jean Wall, returned Sunday evening from a two weeks trip to Wenatchee, Wash., and other States points.

Mr. and Mrs. Stephen Bennett, of Charlo, Mont., were visitors here Monday and Tuesday with relatives. They are participating in the North-Western States Mission Caravan.

LIBERAL RALLY HELD

A Liberal Rally and organization meeting was held in the Town Hall Monday evening last, and due to lack of spreading the news, only a few were present. A good strong local organization was formed and several short but interesting speeches were given.

F. S. Leflingwell, ex-M.P. for the riding was in the Chair, he presided over the organization, and S. J. May was elected Secretary protem of being President of the Constituency.

T. J. O'Brien and L. L. Pack were nominated for President, but Mr. Pack withdrew because of being out of town so much, and Mr. O'Brien was elected by acclamation.

Three names were mentioned for Secretary, but the choice fell on C. W. Lamb and his election was unanimous.

The Board of Directors, at present consists of L. L. Pack, D. G. Selman and John Blackmore, with two more to be chosen later.

Roi Risinger, New Davton, S. J. Shepherd, Lethbridge, J. S. Brandleigh, Stirling, L. L. Pack and T. J. O'Brien spoke on the plans behind the organization and the present condition and future outlook of the political situation in Alberta.

Meeting adjourned at 10.

HEALTH

A HEALTH SERVICE OF THE CANADIAN MEDICAL ASSOCIATION AND LIFE INSURANCE COMPANIES IN CANADA

NERVOUSNESS

We are born with certain instincts which, if they are allowed to govern our conduct, would soon bring us into conflict with the established standards of social behaviour, most of which we, individually, will have accepted. Unconsciously, there is going on within us a constant conflict as between our instincts and these standards. The individual who makes a satisfactory adjustment between the two and finds a personally satisfying and socially accepted outlet of expression for his instinctive

drives, has mental health. Failure to resolve this conflict in a satisfactory manner leads to mental conflicts which express themselves in actions and behaviour of a kind that is commonly known as nervous behaviour, or nervousness.

Nervousness takes many forms, one of which is neurasthenia. Fatigue is a prominent symptom. The slightest exertion causes fatigue; the morning finds the sufferer more tired than when he went to bed. There is difficulty in concentrating attention, which means that it is hard to get work finished. This, in turn, leads to worry and to irritability, expressed in outbursts of anger or tears.

Worries and fears can be run away from or suppressed for the time being if the individual becomes ill, for no one, and certainly not the sick man himself, expects that a sick man will do this work or deal with problems. Illness is an escape, and the neurasthenic unconsciously begins to develop pains, aches and other symptoms associated with physical disease. The symptoms are not imaginary; they are very real, but their cause lies in the mental, not the physical life of the individual. Mental health and physical health are closely related, and any disturbance of the mental or emotional side of the body may express itself in physical changes.

Neurasthenia varies in severity from mere fatigue and inability to sleep, to a condition of well developed fears and severe physical prostration, what is called a nervous breakdown, or nervous exhaustion. Neither our nerves nor our brains become exhausted from work. An exhausting physical illness, or a sudden and severe mental shock may be important factors in the development of neurasthenia, but in the vast majority of cases, the condition grows out of mental conflicts. There is no such thing as "shell shock" in the ordinary sense of the words; the symptoms of shell shock express an involuntary mental conflict between the instinct of self-preservation and the accepted standard of duty.

Neurasthenia does not develop in the individual in whom good mental habits are established in childhood. Treatment consists in the sufferer's gaining an understanding of himself and as to why he reacts in the way he does to certain situations. With that knowledge and under proper guidance, he can work himself out a satisfactory adjustment to the world in which he finds himself.

Sweet Young Thing: Did my father order some coal this morning?

Coalman: This load of coal is for Mr. Zell.

S.Y.T. That's fine. I'm Glad Zell

Coalman: "So am I."

RECORDER ADVERTISING PAYS

Liza: "Ah wants a pair of shoes for mah little gal."
Clerk: "Black kid?"
Liza: "You all jes' mind yo' own business and git me dem shoes."

The stock for the Lethbridge Fair and Stampede, which is to be furnished by Ray Knight, was taken to Lethbridge on Tuesday, the drivers leaving here early in the morning with them.

ATTENTION FARMERS!

A carload of famous HOLLAND TWINE
SEE US FOR YOUR NEEDS
Also agent for North Star Oils and Gas

J. F. JUDD PHONE 154 or RESIDENCE 161

Agent for N. Bawlf Grain Co., Ltd.

Star Meats & Groceries

SATURDAY SPECIALS	
ROUND STEAK	11c
SIRLOIN OR T BONE STEAK	12c
RIB BOILING BEEF	5c
HAMBURGER, 3 lbs. for	25c
SAUSAGE, 3 lbs. for	25c
CHOICE ROAST BEEF	12

FREE DELIVERY

Man! He may have a greasy hat, and the seat of his trousers may be shiny, and the banker may not be very well acquainted with his signature; but if you see his children with their noses flattened against the window pane, watching for him a half hour before he is due home for supper, you can go right ahead and trust him with anything you have. —Ex.

Whoever wrote the following did it well:

"It is not what people eat, but what they digest that makes them strong. It is not what they gain, but what pays that makes them rich. It is not what they read, but what they remember that makes them learned. It is not what they say, but what they practice that makes them righteous." —Ex.

The bride-to-be was showing her friend a list of the guests to be invited to the wedding.

After her friend had read the names she looked very puzzled. "What's the matter?" asked the bride-to-be.

"Isn't this rather strange?" queried the friend. "You have only put down the names of two married couples."

"Yes, that was Jack's idea. Don't you think it's rather clever? He says that if we invite only married people the presents will be all clear profit."

Frank Shaw, Ira McBride, Roi Stone, and a number of others attended the ball game in Lethbridge Monday evening between the House of David and the Kansas City Coons. The 15-1 score in favor of the House of David shows how the teams were matched.

A. W. Kirkham is holidaying from the Mercantile now and Gray is relieving him in his absence.

A mother once owned just a commonplace boy, A shock-headed boy, A freckle-faced boy, But thought he was handsome and said so with joy. For mothers are funny, you know, Quite so— About their son's beauty, you know.

This nose, one could see, was not Grecian, but pug, And turned up quite saug, Like the nose of a jug; But she said it was "piquant," and gave him a hug; For mothers are funny, you know, Quite so— About their son's beauty, you know.

His eyes were quite small, and he blinked in the sun; But she said it was done As a mere piece of fun And gave an expression of wit to her son; For mothers are funny, you know, Quite so— About their son's beauty, you know.

The carrot love-locks that covered his head, She never called red, The color the old masters painted, she said; But Auburn instead. For mothers are funny, you know, Quite so— About their son's beauty, you know.

Now boys, when your mothers talk so, let it pass; Don't look in the glass, Like a vain, silly lass, But go tend the baby, pick chips, weed the grass; Be as good as you're pretty, you know, Quite so— Be as good as you're pretty, you know.

INSIST on the BEST

Kellogg's Corn Flakes are the standard of quality everywhere — by far the world's largest-selling ready-to-eat cereal. Their flavor and crispness can't be copied.

Always oven-fresh in the heat-sealed WAXTITE bag, inside the Easy-Open red-and-green package. Sold with the personal guarantee of W. K. Kellogg. Made by Kellogg in London, Ontario.



Kellogg's FOR QUALITY

Some GOOD BUYS

2 10 ft. McCormick Deering Power Finders

1 16 ft. Minneapolis Combine, Like New.

1 15X27 John Deere Tractor.

1 22X36 McCormick Deering Tractor, in good shape.

J. D. HALL
Raymond - Alberta

Genealogical Chairmen!!

Ward Survey Sheets

Get them while they last

A Limited Amount at Reasonable Prices

THE RECORDER OFFICE